



These basic items should be in your pack at all times, for all hikes:

Water Bottle~A gallon of water per person per day is recommended.

Flashlight~Check to make sure that it works before you leave.

First Aid Kit~Be sure to replace any used items.

Warm Clothing~Even during the summer the temperature can suddenly drop.

Food~Carry an amount that is appropriate to the length of your hike.

Medication~If you require medication, bring it with you.

Compass/GPS Unit~Know how to use them.

Map~There are many different types of maps. Use one that is appropriate for your hike.



These items are not essential, but they are recommended:

Survival Kit~You can make your own, or purchase a prepackaged one.

Pocket Knife or Multi-tool~A very useful item that always comes in handy.

Flagging~Can be used to help searchers find you if you become lost.

Whistle~Also a good way for searches to find you, especially if you are hurt.

Sun Protection~A hat and sunscreen can help protect you from heat exhaustion and painful sunburns.

Emergency Poncho~A fast approaching storm along with a drop in temperature are the right ingredients for hypothermia.

Personal Items~Any toiletries or other items that you can't live without.



Are you going caving? If so, then you will also need these items:

Hard Hat~This will protect your head against low areas of the cave.

Gloves~Protects your hands against sharp lava rocks.

Extra Flashlights~The National Speleological society recommends at least three flashlights per person for caving.

Extra Batteries and Bulbs~Because you can never be too prepared.